



Jim Stedman

Big Sir's Notes

New member **Jim Olson** was introduced at the February meeting by his sponsor, **Norman Kingshill**. **Jim**, we welcome you into Branch 146. Please take advantage of our many activities and participate in those in which you have an interest.

I have good news for our golfers. **Dick Richmond** has agreed to be Chairman of our Golf Committee. We can look forward to an active and robust golf program.

The announcement for the May Ladies Day event is in this SIR CALL. Because the treasurer's duties are expanding in other ways **Bill Snyder** will not be chairman this year.

Rich Colombo has agreed to serve as chairman. We're looking forward to another wonderful day for our ladies.

We now have over 40 committee chairmen in Branch 146.

It is the responsibility of the Big Sir to appoint these chairmen. As you might expect the Big Sir is not able to provide much, if any, assistance to these men after they are appointed.

Don Atwater, former Big Sir of Mt. Diablo Branch 8 in Walnut Creek, created the position of "Activities Coordinator" after his term as Big Sir and became the first Coordinator. It has been a great success. Branch 8 has improved its activities across the board and created several new activities. The Executive Committee approved the position for Branch 146 and former Big Sir **Dick DeVoe** has agreed to be the first Coordinator.

There is an ongoing need to assist our members in various ways, especially new members who need help assimilating into Branch 146. The Executive Committee approved the position of "Member Relations Chairman." I will name a chairman in the near future.

Crowding in the entry and crowding in the luncheon room during the social hour before lunch continues to be of concern to members. Last year we rearranged the tables to provide more space in the luncheon room for congregating in the area between the bar and the dance floor. That helped. Crowding can be reduced further by moving the bar from the atrium area to the lounge bar at the end of the entry hallway. The Executive Committee authorized **Jim Stedman** and **Bill Root** to talk with Blake's about the terms and conditions to be considered if such a move was re-

quested.

There were a few more applications than spaces available to attend the 2006 Christmas Ladies Day event. The Executive Committee authorized a two man sub-committee to investigate venues with seating capacity of 350 in Central Contra Costa County, with respect to availability and cost, for the 2008 May and December Ladies Days events. We are under contract with Blake's for the 2007 events. **Al Zamolo** and **Larry Mitchell** have agreed to serve on this sub-committee.

Please read the memo from **Jim Stedman** and **Jeff Baily** regarding Branch 146 membership that is included in this SIR CALL (See pages 5, 6 and 7).



Jeff Baily

Little Sir's Corner

Our March Speaker will be **Wolfgang Heinritz** a former member of Hitler Youth and currently an internationally known American artist.



Jeff Baily presents the honorarium to our January speaker, war hero **Bob Tharratt**.



Bowling

Larry Mitchell

The Annual **Dave Valladao Memorial Tournament** will be held at Diablo Lanes on March 19th, 20th, and 22nd. The event is hosted by our branch and I will be the Director. This will be a Singles and Doubles event with all events and Scratch Singles as optional. Sign-up sheets will be available at Diablo Lanes on league bowling days (Wednesday) or from **Larry Mitchell** at 925-798-5440.



Duplicate Bridge **George Zunich**

Our match is held each month on the Monday after the SIR Luncheon at various homes. Bring your lunch.

On February 12, Sir **Chuck Hammond** hosted four tables of Duplicate Bridge at his home.

The results were as follows. **Lo McCarley** took 1st Place with 44.5 points. **Jim Jackson** was in 2nd Place with 43.0 points. **Bill Snyder** was in 3rd Place with 42.5 points. Tied for 4th place were **Fred Kovar** and **Jim Stedman**, each with 41.0 points.

The next match will be held on Monday, March 12th. *Interested members should contact George Zunich at 376-4439 for information. We welcome new players.*

Bocce Ball **Bob Frankland**

2nd and 4th Mondays at 9 am, April through November, at Concord Bocce Courts in Newhall Park, Concord, near the corner of Turtle Creek and Ayers Roads.



Note the change of dates for this season. We will be starting in April instead of March. You have an extra month to get in shape.

Remember!
The New Luncheon Price is \$21

Songsirs

Harry Tutton



The SONGSIRS are off to a good start in 2007, singing one of our best performances ever for the VIP Luncheon at the Walnut Creek Presbyterian Church on February 7th, with **Bob Yolland** singing a solo. Then we all sang a salute to Susie at the February SIR Luncheon. If you would like to sing with us, just give me a call or e-mail to find out about the SONGSIRS practice

Sirmoncats **Jim Helmick**

The Sirmoncats are still trying to get everything together. We still have not had a public performance with all five of our members but we're working on it! I can't help but think there are some closet harpists out there who would make a great contribution. Call me if you're interested! **Jim Helmick** at 376-6042.



Table Pool **Bill Weinberg**

1st and 3rd Monday at 11:30 am.
(at Masse's 2721 N. Main, Walnut Creek)

Come join us. We welcome new players.



Cribbage

Al Tufo

Well, here we go again for the second time this year. The Cribbage Club tournaments were hosted by **Langley Erickson** the Fighting Viking. We also had a new member join our club. His name is **John Pearl**. What is it with these new members? They come in saying that they haven't played in the last 200 years and then proceed to either win or come in second. The first Debra race was won by the host, Sir **Langley**, with **Barney Meade** placing second after a photo finish with **Dan Meckfessel**. The second race was won by the **Italian Stallion**, and the new, "I haven't played in 200 years", **John Pearl** placing second. **Langley** topped the day off with some great pies and ice cream. Next month, the club will be hosted by **Larry Reilly**, starting at 12:00 noon. Keep up with your prayers for our brother Sir **Bryant Fischback** who, from what I hear is showing some progress in his rehabilitation. CIAO TUFO

Area 2 Computers and Technology Group

PHIL GOFF, Chairman, 831-3692 philgoff@yahoo.com

DICK CURRY, Asst. Chairman, 376-5541
racorinda@pacbell.net

Thursday, March 15 – Acquiring a High Definition

Television and/or a Digital Video Recorder (TIVO). Are you thinking about buying a High Definition Television and/or a Digital Video Recorder (DVR) and are bewildered about the products being offered? Should you select a Plasma, LCD or DLP Television? What about the new 1080P Resolution? "Don't have a DVR -- Why you should!" Which one to pick? Should you buy a TIVO or use one of the DVR's provided by the Cable or Satellite Companies?

Phil Goff and **Floyd Skelton** (Branch 116) will team up to demystify the terminology and products offered. We'll tell you the pros and cons of each technology and help you select the right product for you. If you have a DVR or have recently purchased a new TV come share your knowledge and experience with the group.

Our meetings are aimed at providing practical information for our SIR members and their guests. If you are a complete beginner or have extensive technical knowledge, you will find information of interest at these meetings. We keep things interactive and members of the audience are encouraged to share their experiences as we make the presentations.

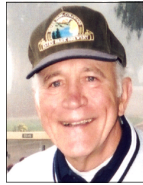
Following the presentation on Desktop PC's, **Dick Curry** (Branch 171) will conduct an informative Computer Q&A session.

Meetings of the SIR Area 2 Computers and Technology/ Digital Photography Group are held the 3rd Thursday of each month (except June and December) from 9:30 to 11:30 a.m., at the Social Hall of the Walnut Creek United Methodist Church, 1543 Sunnyvale Ave. (off N. Main, one block north of the Treat/Geary/N. Main intersection). All SIR members and their guests are welcome to attend.

Garden Club

Chuck Bobinecz

1st Thursday at 9:30 am at the Walnut Creek Presbyterian Church, 1801 Lacassie Ave., in the Multipurpose Room, unless otherwise announced.



We will have our regular meeting on March 1st at the Presbyterian Church. The primary topic will be on frost damage and how to deal with it. Special emphasis will be frost damage on citrus.

We will also discuss some events that are in the planning stage.

Garden tip for the month: If you haven't done it, there is still time to spray fruit trees with dormant oil before buds open and for peach leaf curl.



Social

Don Nunn

Last chance for the Dinner Dance on March 13. We are almost full and it looks great. The band has a new singer so plan on a swinging night.

Wear your dancing shoes and come on out. We would like to see more of you new members. Call **Don Nunn** at 934-5214. We take reservations up to Mar. 5th.

Fishing

Sal Costanza

4th Thursday at 8:30 am. at Diablo Creek Golf Course (Legends Grill). North Port Chicago Hwy



There was not a lot of fishing done in January and early February. The most interesting adventure was an ice fishing trip to Lake Davis lead by **John Hayes** who was joined by **Joe Karg**, **Pete Gates**, **Paul Dubow**, and **Don Mittelstaedt**. These intrepid adventurers fished on Friday, February 9th in the afternoon and Saturday, February 10th in the morning, on the ice, in the RAIN!!!! Only one fish was harmed, a pretty 3 pound rainbow caught by **Don Mittelstaedt**. In what may be a SIR first, all 5 fisherman were from a different SIR branches. **Carl Moyer** reported a successful trip to Lafayette Reservoir catching 4 nice rainbow trout. He also ended his 2007 sturgeon drought by catching a 50 inch sturgeon near the mouth of Montezuma Slough. He credits the good luck to bringing along **Joe Karg**. While **Carl** has fished 10 times without a keeper sturgeon, **Joe** has over a hundred hours on the water without a keeper, and now believes he qualifies as a professional observer and good luck charm. Many of the fisherman attended the fishing and boating shows and expos occurring this time of the year. They enjoyed themselves looking at all the new boats and gear. The consensus was that the Sacramento show was by far the largest and best.

Three old guys are out walking. First one says, "Windy isn't it?"
Second one says, "no, it's Thursday"
Third one says, "So am I. Let's go get a beer."



Health Matters Physical and Mental

The following articles were copied with permission from the *Aviation Medical Bulletin* published by Harvey W. Watt & Co. 1-800-241-6103

These articles are not intended to provide specific medical advice. That should be obtained from your physician.

GUM DISEASE AND YOUR HEART

The evidence of a link between gum disease and heart disease continues to grow.

Researchers at Columbia University recently found that the bacteria that cause gum disease also seem to cause atherosclerosis, or narrowing of the arteries.

Brushing at least twice a day and flossing at least once a day, along with limiting sweets, is the best way to keep your teeth and gums--and possibly your heart--healthy.

Most tooth brushes last about three months. Once they've become worn or frayed, it's time to get a new one.

Source: Hope Health Newsletter, July 2005

DON'T STOP ONCE YOU START

Discontinuing low-dose aspirin after a heart attack or stroke sharply raised the risk of having another one.

In a study of more than 600 stroke and heart-attack survivors presented at the February 2005 meeting of the American Stroke Association, Swiss researchers found that those who stopped taking their aspirin--because of pending surgery, bleeding, just forgetting or deciding to stop--had triple the risk of having a stroke with the month, compared with those who stayed on aspirin. That bolsters earlier research linking aspirin withdrawal to a strongly increased risk of second heart attacks. Researchers surmise that stopping aspirin not only eliminates its protective benefits but may possibly elevate risk beyond original levels by making platelets more likely to form clots. Earlier studies have similarly suggested a "rebound" in cardiovascular risk after stopping cholesterol-lowering statin drugs.

Those findings highlight the importance of strictly adhering to your aspirin regimen, even if you've never had a heart attack or stroke. If your doctor or dentist advises you to stop taking aspirin before a surgical procedure, ask whether the risk of bleeding outweighs the risk of discontinuing the aspirin. If you need to stop, do so as briefly as possible. If you experience gastrointestinal bleeding, talk to your doctor about switching to another blood thinner.

Source: Hope Health Newsletter, July 2005

SUGAR IN SOFT DRINKS

Drinking a can of soda instead of water or other non-caloric drinks, even just once a day, could be enough to cause weight gain. A can of regular soda contains between 140 and 150 calories. One can per day amounts to over 4000 calories in a month. Unless you're careful to cut down somewhere else, that could mean about a one-pound weight gain per month. Calories you drink don't satisfy your appetite and most people don't eat less to compensate, say nutritionists at the American Dietetic Association.

Source: Looking Forward, Summer 2005



Sunshine Otto Wilson

Phone: 825-1943

E-mail: ottowilson@astound.net



Our prayers go to out to **Sir Frank Rockwell**, who's father Franklin, passed away recently.

Doris Marcon, wife of **Sir Frank** is home recuperating from Arthroscopic surgery.

Kay Calloway, wife of past **Big Sir Robert** fell and broke her arm and also hit her head severely ending up in the hospital. She is now home doing very well.

Theatre

Bill Hansen



Oops! It seems that many SIR members and spouses are scheduled to be away at the end of March, and since we have promised that for this very funny show we would bring thirty laughing, screaming and applauding members to the production, we have moved the date to April 5th, 2007. Tickets for this hilarious romp at the Town Hall Theatre in Lafayette are \$20 and the show starts at 8pm. Send checks made out to SIR 146 to **Bill Hansen**, 3098 Manzano Dr., W.C. 94598



Cooking

Dave Johnson

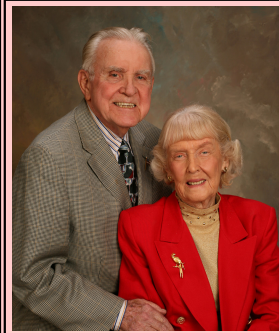
1st Monday at various members' homes.

Our most recent meeting was at the home of **Gene Diana**, in San Leandro. The car pool was stunned when **Charlie** finally answered his door, wearing a colorful pair of pajamas, and claiming that the reason for his not being ready was his defective doorbell. There were no comments about alarm clocks or hearing aids. **Gene** provided pizza wedge hors d'oeuvres and the antipasto was marinated celery root and mushrooms. His entree was "Heart Healthy Eggplant Lasagna," which was voted an unqualified success, and was accompanied by a spring salad with avocado. The crowning touch was a homemade yellow cake featuring a chocolate frosting. The March meeting will be at **Al Milano's** and there will be a \$1.00 fine, for all who do not bring their official cups and plates, which will benefit the Chairman's Travel Fund.



Tres' Gourmet Lew Thompson

Tres Gourmet met at **Lew Thompson's** steakhouse this month. Barbequed steak with a mushroom sauce was accompanied with roasted potatoes, roasted asparagus, and a green salad. Lemon sherbet topped with crème de menthe and a slice of whiskey cake was the dessert. Next meeting is at **Ron Binder's** kitchen.



Congratulations to Chris and Dorothy Satterthwaite on their 60th wedding anniversary, February, 15th, 2007

Chris and Dorothy Satterthwaite

were both born in Toledo, Ohio, he in 1922 she in 1923. They met at Toledo University in 1941 and were married in Toledo in 1947. He joined the US Navy as a aviation cadet in 1941 and retired as a Navy Captain in 1975. A typical Navy couple, they were required to move frequently with duty stations including Madrid, Spain, Hawaii, Chicago, Ill. and the East and West coasts. A Navy pilot Chris spent a total of five years aboard deployed Navy Aircraft carriers requiring Dorothy to do double parental duties. She found time as a volunteer In the Navy Relief Society. Upon retirement they both became very active in community affairs, Chris 12 years on City and County commissions, Dorothy with 6000 hours at the John Muir Medical Center. He joined SIR in 1989 and is a proud possessor of the Branch Honoree Award. They have two children, Gary, married and living in Va. and daughter Nancy with grand daughter Jaclyn living in Texas.

Investments

Dave Munson

4th Wednesday, 8:00 am at Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord.
The February meeting will be held on the 28th at the Diablo Creek Golf Course (Grill Room) with breakfast starting at 7am and the meeting commencing at 8am.

Our speaker will be Mr. **Paul Quinn** of Focalpoint Investor Group. **Paul** will be speaking about *A Practical Approach To Building And Maintaining A Focused Stock Portfolio*. He has over 15 years experience in the financial services industry. His comments and observations regarding how to build and maintain a portfolio of equities will be very helpful and informative to all who invest in the stock market. You will want to attend this meeting.

Also just a reminder that the January meeting will be on January 24th. Mr. **Tom Kopas** of Pring Turner Capital Group will be presenting his outlook for 2007 on the economy and the markets. Looking forward to seeing everyone at these meetings.

Words with two meanings:

Communication (ko-myoo-ni-kay-shon) n.

Female...Open sharing of thoughts and feelings with one's partner.
Male...Leaving a note before taking off on a fishing trip with the boys.

To: All members of Branch 146

From: **Jim Stedman**, Big Sir and **Jeff Baily**, Little Sir

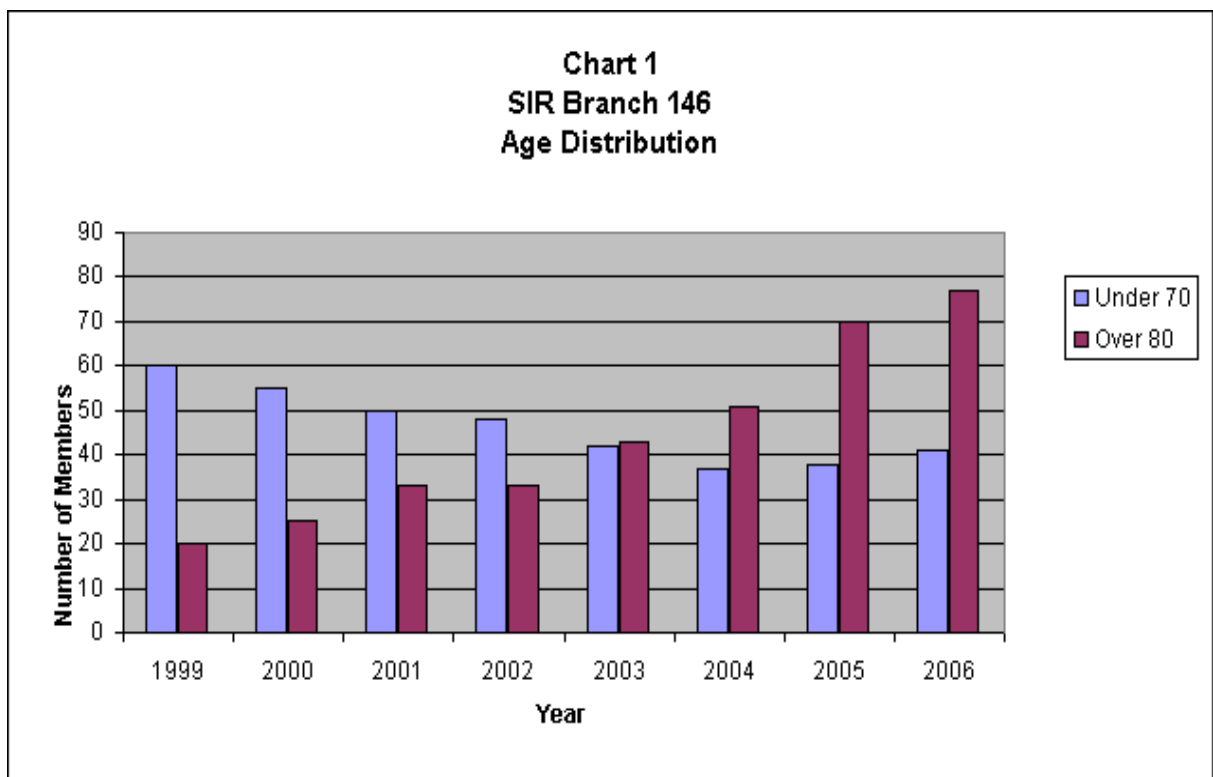
Subject: Branch 146 Membership

At the urging of SIR leadership at the state level we evaluated our membership age profile. We found that in the last few years Branch 146 has changed from a branch with predominantly younger members to one with predominantly older members.

This is a very important finding that helps us understand the adverse consequences of limiting membership and thus restricting annual inductions.

Chart 1 below shows for each year the actual number of men over 80 and under 70 in Branch 146 since 1999.

It is a dramatic illustration of the change in age distribution.



Notes:

1. As we look beyond 2006 we know that **15** of our current members will **turn 80 in 2007** and another **18** will **turn 80 in 2008**.
2. Branch 146 average age **increased** from **73.03** at the end of 1999 to **76.24** at the end of 2006 and continues to increase.

Branch 146 does not have a problem of too many older members, but of too few younger members.

All SIR members are valued whether young or old.

Consider the following:

SIR leadership at the state level has informed us that since the early 1990's SIR membership **declined** from its peak of **32,000** members to **22,500** members today. The number of branches **declined** from **179** to **160**.

60% of the remaining 160 branches lost members in 2006!

The number one reason given by SIR leadership for losing members is that the branches had the attitude that they had enough members and thus restricted the number of new members inducted each year.

These restrictions resulted in branch average age increases and older members greatly outnumbering younger members. When these branches realized that new younger members were needed to restore the long-term viability, it was too late. The many older members didn't know younger men and the few remaining younger members could not attract enough new younger members.

The branches continued to decline, lost members and struggled to keep going with mainly elderly members but many failed.

Branch 146 is on the path of continued ageing and potential declining membership like so many other branches.

This is not the future that any of us wants for Branch 146.

Is it too late for Branch 146?

The key to preventing continued ageing

and potential membership loss is bringing in enough new younger members annually to offset increasing branch average age and to bring the number of younger members into balance with the number of older members.

This will require acceptance of branch growth of about 20 new members per year, from 240 to 260 in 2007, from 260 to 280 in 2008 etc.

Attrition is expected to be 15 or more in those years so a total of about 35 new members are needed each year.

It will be a daunting and difficult challenge to attract 35 qualified applicants annually starting immediately.

We must devote our best efforts to accomplish this.

If we are successful Branch 146 will be viable far into the future. It will be a healthy and robust branch that meets the needs of all of its members. What better vision could we have?

And further, the good news is that we can accommodate growth in membership.

51 new members were inducted in the two year period, 2005 and 2006, including the 30 members that increased our membership from 210 to 240.

No adverse effects on the branch were identified after an evaluation by a sub-committee of the Executive Committee. We know how to address issues associated with growth in branch membership and to resolve them in the best interest of all of our members.

Little Sir **Jeff Baily** made a motion at the Feb. 8, 2007 Executive Committee meeting to increase maximum branch membership from 240 to 300 and to eliminate the current waiting list policy. The number 300 is based upon the fact that luncheon attendance has not exceeded 90% of branch

membership in the past two years. 90 % of 300 is 270 and the capacity of the luncheon room is 275.

The necessity for increasing the maximum membership to 300 is to provide the flexibility to recruit and induct the 35 applicants that we know are needed each year. There is no need for the Executive Committee to revisit this issue each year unless conditions change.

The current waiting list policy must be eliminated because it restricts the recruitment of new members.

Discussion on the motion to increase the membership to 300 and eliminate the waiting list

policy will commence at the March 8, 2007 Executive Committee meeting which begins at 9:30 AM in the Lounge Bar area of Blakes Restaurant.

The initial discussion period will be reserved for comments from any member of Branch 146.

All interested branch members are cordially invited to attend.

Any written comments may be mailed or e-mailed to Secretary **Stu Somerville** or submitted at the meeting.

After hearing from all who want to speak, the open discussion period will be closed.

The Executive Committee members will then begin deliberations.

Branch 146 Welcomes a New Member



Sponsor, **Norm Kingshill** introduces **James Olson**, Branch 146's newest member.

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor who was able prescribe hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month and the doctor said, "your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told them yet. I just sit around and listen to the conversations. I've changed my will three times!"

Microsoft Word Class

Four classes designed for SIR and spouses who would like to learn to use MS Word or learn to use it better.

Learn Word features including formatting and using tables.

· Fridays: March 9, 16, 23 and April 6 (not 3/31)

· Walnut Creek Presbyterian Church

1801 Lacassie Ave, Room 220, 1 pm to 3 pm.

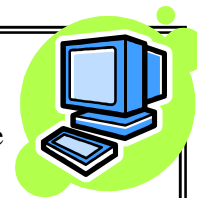
· Teachers: **Lo McCarley** and **Jeff Baily**

To Register (space is limited):

E-mail Lo McCarley@astound.net

Or phone **Lo** at 935-3939 or

Jeff at 906-0521



New "Books" Activity

As the newly appointed Activities Coordinator that supports new activity opportunities, I will be suggesting activities from time to time that some other branches enjoy. One is a "Books" activity. Members provide interesting and latest books that can be shared among the members. The books are brought to a table at the luncheon, where members can select and return books of interest each month. I'm looking for a chairman to oversee this "Books" activity. Please call **Dick DeVoe** at 932-5546.

Letters to the Editor

Editor,

Do you think we should add a little corner for (validated) scam warnings for seniors? I get these from retired bank execs who stay in touch with financial security services.

Here is an example (below).

Jim Baldridge.

I don't know how prevalent this is, but some seniors are being victims of a new telephone hoax.

Apparently someone phones your home and tells you that an arrest warrant has been issued for your arrest because you did not report for Jury Duty as ordered.

Most of us take a summons for jury duty seriously, but enough people skip out on their civic duty that a new and ominous kind of scam has surfaced. Fall for it and your identity could be stolen, reports CBS. In this con, someone calls pretending to be a court official who threateningly says a warrant has been issued for your arrest because you didn't show up for jury duty.

The caller claims to be a jury coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the Information and cancel the arrest warrant.

Give out any of this information and bingo! Your identity just got stolen.



Denzil Harrison, Fred Bolton and Lou Balbi at the January Luncheon



More happy guys: George Knies, Ron De Golia and the wine guy, Dale Haukland.

Past Big SIR's

1989 Charles Unfried
 1990 Gill Rhodes
 1991 Gene Hackett
 1992 Walt Entelman
 1993 Kap Kaprielian
 1994 Joe Jansen
 1995 Bob Walton
 1996 Dick DeVoe
 1997 Warren Boero
 1998 Don Nunn
 1999 Dave Valladao
 2000 Jack Calloway
 2001 Bill Hansen
 2002 Fred Kovar
 2003 Bob Yolland
 2004 Doug Cook
 2005 Ray Kan
 2006 Garth Cummings

What is he drinking???

SIR State Officers

State President	Tom Ross	
Region Director	Glen Schimelpfenig	
Area Governor	Harry Hubinger	
Big SIR	Jim Stedman	932-1636
Little SIR	Jeff Baily	906-0521
Secretary	Stu Somerville	944-0738
Assistant Secretary	Dennis Hallett	943-1447
Treasurer	Bill Snyder	939-3903
Assistant Treasurer	Tom Thomson	945-6337
Director	Pete Gates	937-2035
Director	Jack Matthews	376-2434
Director	Larry Mitchell	798-5440
Director	Dan O'Sullivan	685-4772
Director	Harry Tutton	933-9658
Director	Al Zamolo	932-7924
Activities Coord.	Dick DeVoe	932-5546
Attendance/Lunch	Bill Root	943-6194
Audit	Tom Thomson	945-6337
Badges	Ken Richter	689-6217
Bocce Ball	Bob Frankland	284-7222
Bowling	Larry Mitchell	798-5440
Bridge-couples	Lo McCarley	935-3939
Bridge-duplicate	George Zurich	376-4439
Bridge-party	Fred Bolton	932-1580
Candy Sales	Mitch Mitchell	686-0537
Chaplain	Chuck Eichten	673-7215
Cooking	Dave Johnson	945-8636
Cooking Too	Rich Hanford	933-9237
Tres' Gourmet	Lew Thompson	686-6880
Cribbage	Al Tufo	798-4129
Fishing	Sal Costanza	689-7647
Gardening	Chuck Bobinecz	939-8740
Golf	Dick Richmond	947-1167
Golf Scheduling	Tom Gorman	685-9721
Golf Treasurer	Walt Barabash	935-2964
Away Golf	Jim Baldridge	689-9232
NCGA-Handicaps	Dick Richmond	947-1167
Greeters	Ed Mendelsohn	935-0592
Historian	Jack Calloway	933-7998
Honorees	Dick DeVoe	932-5546
Membership	Jim Jackson	687-7052
Newsletter Editor	Pete Gates	937-2035
Asst. Editor	Rich Ahlf	672-2514
Asst. Editor	Jim Jackson	687-7052
Mailing	Bill Cammerer	932-7887
Photographer	Rich Ahlf	672-2514
Nominating	Garth Cummings	820-0745
Pianist	Dave Obera	932-2584
Poker Club 1	Frank McNamee	672-3443
Poker Club 2	Al Zamolo	932-7924
Poker Club 3	Ron Plachy	932-6072
Poker Club 4	Chuck Bobinecz	939-8740
Social	Don Nunn	934-5214
SongSirs	Harry Tutton	933-9658
Director	Rod Sharretts	372-6566
Sirmonicats	Jim Helmick	376-6042
Sunshine	Otto Wilson	825-1943
Table Pool	Bill Weinberg	682-0962
Theatre	Bill Hansen	939-4951
Travel	Bob Spellman	934-8428
Asst Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Webmaster	Jeff Baily	906-0521
Wine Tasting	Dale Haukland	820-0189

Luncheon Attendance **Bill Root**



SIR Luncheon is the 2nd Thursday of every month at Blake's Restaurant, Boundary Oak

Call me by Friday noon prior to the Luncheon at 943-6194 if, for any reason, you are unable to attend. If I am not home, press 3 and leave your name, badge number and phone number. **Be sure you call!**

Waiting List:

If you are going to attend, you must call by Friday prior to the Thursday Luncheon.

SIR bringing a guest:

Call by Friday prior to the Thursday Luncheon and leave your name and the name of your guest.

Regular members missing 3 consecutive meetings without notifying their attendance chairman, giving a valid reason, or attending less than 6 meetings in the last 12 months shall be notified by letter of their pending membership termination. Certification of another Branch meeting will be considered as credit to attendance record.

Luncheon Menu



- *House salad, freshly baked rolls and butter
- **Entrees including vegetables*
 - *Corned Beef and Cabbage with boiled potatoes.*
 - *Halibut Steak with lemon butter and rice pilaf.*
- *Daily dessert special, regular or decaffeinated coffee and tea.

Membership **Jim Jackson**



Branch 146 Statistics: Members 239, HLMs 5, Waiting List 15, Inactive 8.

February Attendance: Members 204, HLMs 3, Waiting List 7, Guests 2, Excused 29, Unexcused 7.

Total February Attendance: 216.

Status Changes:

Inducted: **James Olson**

Added to Waiting List: **Louis Schrepel**

Inactive: None

Deceased: **Joe Jansen**

Resigned: **Glenn Casebolt**

Withdrew: None

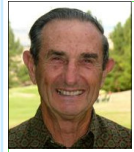
Current 15 Man Waiting List (prioritized): Lynn Shafer, Mal Hendry, Bob Van Luchene, Gene Schulting, John Rubiales, Joe Fuchs, Dan Costello, Ed Best, Jim Koeppen, Hugh Ferguson, John Pearl, Bob Lyman, Bill Hartman, Ken Costello, Louis Schrepel.

Poker Club #1 **Frank McNamee**



We met on Wednesday the 7th at the abode of **Bill Cammerer** for our monthly session. **Bob Frankland** was the largest winner but not enough to buy any drinks at the next day's luncheon. **John Lewis** and **Dan O'Sullivan** were also winners. The sad souls at the end of play were **Howard Harvey** and our most congenial host **Bill Cammerer**. The next gathering will be on March 7th at the **Bob Frankland** residence. We all expect him to be as hospitable as **Bill** was.

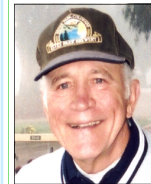
Poker Club #2 **Al Zamolo**



The Poker Group 2 met at the home of **Ken Kratz** for its January session. **Charlie Kiser** was back with the group after a few absences and lightened our wallets.

Our February 26th meeting will be hosted by **Jim Stedman**.

Poker Club #4 **Chuck Bobinecz**



We will next meet at 1pm on February 26th. The host will be Sir **Garth Cummings**. Sir **Pete Gates** is hosting the March 26th game. Slowly, our poker skills are coming back and we learning some interesting new games.



George Zurich, Bill Comley (standing), John Lewis and Frank McNamee.

Party Bridge **Fred Bolton**



1st Monday at 10 am at various members' homes. Contact Fred Bolton for details. Bring a lunch.

We played 4 tables of bridge at the home of **Doug Carlson** on February 5th. First place went to **Jim Jackson** with 5600 points, second to **Bob Yolland** with 4930, third to **Lynn Freeman** and fourth to **Doug Carlson**. Our next game will be hosted by **Lynn Freeman** on March 5th.

Travel Opportunities Bob Spellman



Mar. 16-Apr. 1, 2007--The Best of Spain & Portugal.

A 17-day tour featuring Madrid, Salamanca, Oporto, Lisbon, Seville, Costa Del Sol, Mijas, Granada, Valencia and Barcelona. Included are all transfers, airfare, hotels, daily breakfast, 7 hosted dinners, deluxe motorcoach, baggage handling, tips for driver, guides and tour manager. Cost is \$3675 p/p d/o.

Contact **Bob Hagler**, Branch #8 at 925-934-7620.

Apr. 15, 2007--Warriors Game. Their opponent for this year's SIR Day will be the Minnesota Timberwolves. The Warriors are playing exciting, winning basketball under Coach Don Nelson. Starting time will be 1pm at the Oracle Arena. Cost is \$25 for Regular seats and \$35 for Lower level. Pick up Order Forms at monthly luncheon or contact **Bob Spellman** at 934-8428.

Jun. 27-29, 2007--Boulder Creek Golf. Our annual trip to Boulder Creek Golf and Country Club includes 2 nights lodging, 3 days of golf, dinner on Thursday night. Cost \$205 for a golfer and \$135 for a non-golfer. Contact **Charlie Kiser** at 274-1575.

Sept. 6-17, 2007--Russian Waterways. A 12-day adventure cruising from St. Petersburg to Moscow. Explore beyond tourism's reach in towns such as Uglich, Yaroslavl and Mandraga. Pre-cruise option to Helsinki and Tallinn also offered. Tour includes airfare, luggage handling, transfers, all meals, sightseeing tours, entrance fees, and tips for guides and drivers. Cost is \$3555 to \$3855 p/p d/o. Contact **Bob Spellman** at 925-934-8428.

Apr 3-15, 2008 --The Islands of Hawai'i. Our 50th SIR Anniversary trip is back again, better than ever. We will fly to Honolulu and enjoy two nights at a deluxe hotel before boarding Norwegian Lines new ship, the *Pride of America*. After cruising the Islands for 7 days we cruise back to San Francisco, passing under the Golden Gate on the morning of April 15. Pick up a Flyer at the next meeting to learn more about the many features of this great trip. Contact **Bob Spellman** for more info at 934-8428.

Away Golf

Jim Baldrige



A reminder. On *Thursday, March 15* we will be at Brentwood Golf Course (not Deer Ridge). Cost (green fee and cart) is \$31 for Sirs competing in the prize fund, \$29 for guests or Sirs not competing for prizes. Start time is 11 am We still have about 14 slots open.

Monday, April 9: Silverado Country Club. 12 noon shotgun. This tournament is full; 146 players signed up.

Thursday, May 24: Las Positas, Pleasanton. Cost \$40 in prize fund; \$38 guests. Start 10am.

Thursday, June 28: Hiddenbrooke, Vallejo. Cost \$47 in prize fund; \$45 guests.

Thursday, July 26: Blue Rock Springs Vallejo-West Course (which has been completely remodeled). Cost is \$33 in prize fund, \$31 guests. Start 11am.

Flyers are out on Brentwood. I will get flyers out on the others 30-60 days prior to the events.

You are welcome to sign up early for any of the events. Just send in the names of your players and a check for the fees made out to SIR Golf #146. Mail to **Jim Baldrige** 941 Brink Ct., Concord, 94518-3442. Costs shown are per person. SIR members only in prize fund please. The courses listed allow carts out at 90 degrees depending on weather. Most have minor dress codes; collared shirts, no jeans, soft spikes.

We will use indexes for the month in which the event is played. Guests/couples are welcome.

Questions: **Jim Baldrige** at 689-9232, e-mail:jimjudy39@aol.com or **Dick Richmond** 947-1167, e-mail: drichmon@pacbell.net.

Tuesday Golf Walt Barabash Latest Tournament Results



January 16: No tournament - frost delay.

January 23 First Flight: **Joe Barry, Al Zamolo and Russ Bliese.** Second Flight: **Joe Lamanna, Ralph Fowler, and Bob Spellman.** Closest to the Pin on Hole No. 2: **Bill Hansen.** Closest to the Pin on Hole No. 12: **Ken Kratz.**

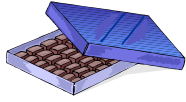
Low Gross: **Joe Barry** with **82.**

January 30 First Flight: **Bob Yolland, Al Zamolo and Jim Stedman.** Second Flight: **Bill Boyd, Ralph Fowler and Dick Richmond.** Closest to the Pin on Hole No. 2: **Bob Madge.** Closest to the Pin on Hole No. 12: **Bob White.** Low Gross: **Jim Burk** with **84.**

February 6 First Flight: **Ken Kratz, Ray Nordstrom and Ken Richter.** Second Flight: **Stu Somerville, Sal Costanza and Jim Brown.** Closest to the Pin on Hole No. 2: **Sal Costanza.** Closest to the Pin on Hole No. 12: **Joe Suta.** Low Gross: **Steve Dawkins and Bob White** with **86.**

February 13 First Flight: **Ken Kratz, Gene Diana and Russ Bliese.** Second Flight: **Ray Nordstrom, Ray Weisz and Bill Knapp.** Closest to the Pin on Hole No. 2: **Ray Weisz.** Closest to the Pin on Hole No. 12: **Gene Diana.** Low Gross: **Jim Burk** with **85.**

If lawyers are disbarred and clergymen are defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked and dry cleaners depressed?



Easter Candy Sales

It is time to order your See's candy for the Easter holiday. Your friends and family will love you for giving them this great gift. The price is \$10.75 for a one pound box certificate. There is no limit to the amount you can order. These certificates can be redeemed at any See's store for any type of candy you wish, soft centers, nuts and chews, etc. Make your check payable to "SIR Branch 146" and send it to **Mitch Mitchell**, 5350 Lightwood Drive, Concord, CA 94521. Please include a stamped self addressed #10 envelope (this is the long envelope). The deadline for me to receive this is April 2, 2007. Your certificates will be mailed to you promptly.

Name _____
 Address _____
 City and _____
 Zip _____
 Enclosed is my check for \$ _____
 to cover the cost of _____ one pound



Walkers John Lewis

Every Friday at 9:30 am at various locales. Call **John** or just show up. Rain cancels any walk.



- Mar 2: Mitch's Walk - Meet at Clayton Library. Paved - Level (Along the creek). Coffee at Renaissance, Clayton and Alberta.
- Mar 9: Moraga Trail West - Meet at Moraga Safeway parking area. Walk is toward San Leandro Reservoir. Paved - Level - Shade. Coffee at Terzetto Cuisine, Moraga.
- Mar 16: Walnut Creek Arbolado Park East - Meet at Arbolado Park on Arbolado Drive, Walnut Creek. Paved - Level - Some Shade. Coffee at Pot Belly Deli at Shadelands Kaiser.
- Mar 23: Alamo New Life Church - Meet at church back parking lot on Danville Blvd. between Rudgear Rd. and Livorna Rd. Paved - Level - Some Shade. Coffee at Yellow Wood, Alamo Plaza.
- Mar30: Paso Nogal Trail - Meet at Paso Nogal parking area near Morello Ave. and Paso Nogal Rd., north of Taylor Blvd. Not Paved - Not Level - Some Shade. Coffee at Starbuck's - Pleasant Hill.

Thanks to **Bill Cammerer**, **Bob Madge** and **Jim Hanck** for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Jeff Baily** for proofreading.



May Lady's Day Luncheon Thursday, May 10, 2007

No. of tickets _____ at \$25 each. Enclosed \$ _____
 Names:

Pick: London Broil _____ or Spice Rubbed Filet of Salmon _____
 Special requirements?

Make checks payable to SIR 146 and mail to

Rich Colombo

1404 Dos Palos Dr. Walnut Creek, 94597.

Rich's e-mail address is rcolombo@astound.net

Seating for this event is now limited to 290. We are accepting only SIR member reservations until March 31. After March 31, both SIR members and SIR waiting list reservations will be accepted as received. All reservations and payment in full must be received by May 1. Guests will be accommodated on May 1 if space is available. There will be no tickets sold at the door. Note: If ordering for a full ten person table or a group, send the full payment and list your companions and their entrée choice on an attached sheet. Don't delay!

18th Dinner Dance

"St. Patrick's Day in the Creek"

March 14th, 6:00pm to 10:00 pm
 Includes Cocktails, Dinner and Dancing to live band and vocalist.

Price is \$ 46 per person. Send check payable to "Sir Branch 146" to Don Nunn, 2127 Secombe Court, Walnut Creek, CA, 94598.

Sir: _____ Ms.Sir: _____

Beef: _____ Chicken: _____ Vegetarian: _____

Remember that we are now at the Shadelands Art Center, Ygnacio Valley Road and North Wiget Lane, WC. If you wish to order tables of eight, please send all of the checks with your request.

Others: _____



SIR CALL

Sons In Retirement, Inc.
2106 Hoover Court
Pleasant Hill, CA 94523

sircall@hotmail.com
<http://www.sir146.com>

Newsletter

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soon as possible.



The SongSirs paid tribute to **Susie** at the January Luncheon. They sang "If You Knew Susie" and other appropriate songs. It looks like she enjoyed it!

Bill gets a smooch.

